

### SR. CENTERS' HOLIDAY SEASON: BUY A BRICK; "GIFT" FOR TOMORROW



Jennie Griggs  
Program Director

#### GIVING

*As we enter the season of giving and engage in our traditions, I encourage you to recall the story "The Gift of the Magi" as a reminder of the true meaning of giving.*

*"Della Young discovers that she has only \$1.87 to buy a present for her husband Jim. She visits the nearby shop of a hairdresser, Madame Sofronie, who buys Della's long hair for \$20. Della then uses the money to buy a platinum pocket watch chain for Jim. When Jim comes home from work that evening, Della admits to him that she sold her hair to buy him the chain. Jim gives Della her present-- a set of ornamental combs, which she will be unable to use until her hair grows back out. Della gives Jim the watch chain, and he tells her that he sold the watch to buy the combs. While the gifts that Jim and Della gave each other can't be used, they know how far they went to show each other their love and how invaluable their love truly is." (The Gift of the Magi, 2021).*

The gift of the Magi. (2021, November 04). Retrieved November 16, 2021, from [https://en.wikipedia.org/wiki/The\\_Gift\\_of\\_the\\_Magi](https://en.wikipedia.org/wiki/The_Gift_of_the_Magi)

The Senior Center plays a vital role in building a healthier and happier tomorrow for Seniors, and our community.

The Holiday Season is a wonderful time to show your support for the Senior Center with a give a unique gift! The Friends of the Northern Wake Senior Center are promoting their ongoing Brick campaign to serve as a holiday gift. You can recognize and thank a loved one or community partner with an engraved brick this season. Many bricks have already been placed on the front garden patio – and they look terrific. 100% of the proceeds from the Brick sales go to the Senior Center, to help support programming, staffing and supplies. Friends is a not for profit 501(c)(3), and was developed to help the Senior Center by fundraising and advocating for the Center.

To purchase a brick, or receive additional information, contact Marlene Silva, [marlenes@rfsnc.org](mailto:marlenes@rfsnc.org).

You can also request a donation to the Friends of the Northern Wake Senior Center when you purchase on Amazon. Your charity link is: <https://smile.amazon.com/>

*November 19, 2021*

## SR. CENTERS HOLIDAY HIGHLIGHTS CONT: EWSC



**EASTERN WAKE SENIOR CENTER  
HOLIDAY  
CELEBRATION**

**SAVE THE DATE**  
**SATURDAY | 12. 11. 2021**  
**10 AM TO NOON**

**MUSIC - DANCE - CRAFTS SALE**  
**VOLUNTEER RECOGNITION**  
**WELCOME OUR NEW COORDINATOR**

**WALK-THRU WITH  
OPTIONAL DRIVE-THRU**

**SMALL GROUP  
GATHERINGS OUTSIDE**

**COVID-SAFE PROTOCOLS**

**OPEN TO REGISTERED EWSC MEMBERS  
ONLY. STAY TUNED FOR MORE INFO.**

 **RESOURCES FOR SENIORS INC**

**The Eastern Wake Senior Center is holding a Holiday Celebration for its registered members only.**

DATE: 12/11/2021

DAY: Saturday

TIME: 10:00 am - 12 noon

PLACE: Eastern Wake Senior Center, 323 Lake Drive in Wendell

We will follow the Town of Wendell and Resources for Seniors COVID guidelines. Please be masked, practice Social distancing and pre-register .

This is a Walk Thru for those able and a Drive Thru for those not able to walk:

After you register we will invite in alphabetical order A-L 10—10:45; M-Z 10:45—11:30 and 11:30—12:00 for those to drive through.

Volunteers will be there to guide you through the Holiday Maze where you will enjoy the EWSC choir, meet the new Program Coordinator, Divya and our good friend Norma who will recognize and thank our volunteers.

The journey continues to enjoy the Strutters performance, receipt of a holiday gift bag and an outdoor hot beverage, live nativity, socialization and Craft Sale.

**Come join us for fun, crafts, dancing, and music!**

**Please call EWSC 919-365-4248 before November 30th to register so that we can prepare enough gift bags.**

**Northern Wake Senior Center**  
**919-554-4111**  
**wfscordinator@rfsnc.org**

**Eastern Wake Senior Center**  
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*November 19, 2021*

## **SR. CENTERS HOLIDAY HIGHLIGHTS CONT: NWSC**

### **Mark your Calendars: North Wake Senior Center Events**

### **Mark your calendars for 12/4/2021 to attend the Holly Jolly Market in Wake Forest!**

"Holly Jolly Market" to Benefit the Northern Wake Fire Dept.

This is an Outdoor Craft Fair!

Loc: 7045 Stony Hill Rd, Wake Forest, NC

Date: **Saturday 12/4/2021**

Time: 9:00 am - 4:00 pm



Support the Northern Wake Senior Center. When you purchase items from our tent . Our NWSC crafters have worked hard to make wonderful holiday gift items created at the Center. With your purchase, you will be supporting the NWSC as well as the Fire Station.



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## SR. CENTERS HOLIDAY HIGHLIGHTS CONT: NWSC

**Join us for**  
**The Jingle Bell Fun Run & Walk**  
**Fundraiser for:**  
**Friends of Northern Wake Senior Center**

**When: December 11, 2021**

**Registration: 10:00AM**

**Start: 11:00AM**

**WHERE: Meet at the Senior Center**

This easy 2.2 mile course will start at the Northern Regional Senior Center. Raffle and Prize Drawings before the walk and refreshments afterward!

Cost \$10

Jingle Bells included!

Awesome Raffle Prizes

**Call The NWSC to register and receive waiver 919-554-5111**



**ALSO:** Don't forget to get your Raffle Tickets at the senior center for

**It's Beginning to Look a Lot Like Christmas on**  
**Sunday, December 5, 2021 - 3:00pm to 8:00pm**

show at the Renaissance Centre for the Arts in Wake Forest!

2 tickets for \$5

Get your tickets at the Northern Wake Senior Center with cash or check.

**Thanks for your support!**



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## **NEW POLICY: beginning November, 29th (Please Read)**

During the pandemic, we have attempted to be as flexible as possible with our class offerings. We have provided In-Person, Virtual and Hybrid programming to meet the needs of our population and provide the opportunity for as many members to participate as possible, rotating on and off of the class list. This will not change.

However, as of November 29th we will only be **REQUIRING MASKS TO BE WORN IN PUBLIC AREAS SUCH AS THE FOYER, HALLWAYS AND OTHER TRAFFIC PATTERNED AREAS** in the Northern Wake Senior Center. Policy changes to be announced regarding the Wendell site. Once in your designated class masks will be optional. We will continue to have the 6 ft. distance requirement in our programs so the class size limitations will stay in effect. Thank you for your flexibility and understanding during this journey. If you sign up for the classes and miss three consecutive classes without notice, you will be moved to the wait list and your spot will be filled. Each instructor will be providing you with their contact information so that you can communicate with them.

Please understand that these classes are provided free of charge in most cases, and an absence is not fair to your fellow members. Thank you for being understanding. If you have any questions or comments regarding this, please communicate with me directly. ([jennieg@rfsnc.org](mailto:jennieg@rfsnc.org)) We are happy to see everyone coming back and are attempting to provide a safe and healthy environment as we continue through the pandemic. In the meantime, we are thankful to see you back. Welcome Home!

### **REMEMBER:**

**IP means In Person:** Each class will have a specified location. Note: Some classes will be held at NWSC and EWSC as well as alternate locations. If registering for an in person class, contact senior center for location. Registration and waivers are required for all of these classes.

**V means Virtual:** Both members from EWSC and NWSC may register and attend with a waiver.

**H Means Hybrid:** The class location will be designated and allow for those

### **EVIDENCE-BASED CLASS CONSUMER CONTRIBUTION OPPORTUNITY**

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for services including our Evidence Based Classes is a combination of federal, state, county, and local funds, plus consumer contributions. We understand that not all participants are able to contribute. You are under no obligation to contribute; **it is entirely voluntary**. Your continued participation in programs and services is **not** dependent upon your willingness or ability to contribute.

**To make a contribution, or for more information, go to:**

[www.resourcesforseniors.com](http://www.resourcesforseniors.com).

**Note:** Resources for Seniors desires to provide access to all programs for all people. If you would like to attend a class or program that has a fee that you are not able to pay, you may request an application for financial assistance; scholarships are available on a limited "needs-based" basis and may not cover all class offerings. Staff will meet with you to

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## SR. CENTER FEATURED CLASSES

### NEW & OPEN CLASSES NWSC

#### Registration in process: NWSC

TAI CHI for Life    10AM    MON    IP    Pre-requisite Tai Chi I & II

Taught by Cathy Perkinson. Beginning Nov 8th Sun Style 42 & 73 and beyond. Class Size limited. Registration required.

#### NEW: Registration in process: NWSC

ZUMBA    12:30PM    M,F    IP

Taught by Maria Bolanz must register Class size limited. Begins Nov 29th. Virtual will continue on Wednesdays.

#### NEW: Registration in process: NWSC

Hatha Yoga 2    1:15PM-2:15PM    WED    IP

Taught by Vivien Green. Registration & waivers required Class size limited. Four week series Dec 1, 8th, 15th, 22nd.

### You asked...WE LISTENED...Hatha Yoga 2

We will be offering 4 weeks of an experimental yoga class. Many of our members wanted something more advanced. Here is it.... Since we no longer have the class mask mandate we are beginning to offer more challenging opportunities. Hatha Yoga 2 is a more in depth Hatha Yoga Practice. for those who wish to deepen their practice beyond the foundation poses. This class is not for Beginners! Students must have prior yoga experience and be able to move up and down off the mat. You will need your own Yoga Mat, Blocks and Strap for class.

Emphasis will be on sequencing through traditional Surya Namaskara (classical Sun Salutations A and B) to warm the body; essential yoga poses for Dosha health and well-being; intermediate movements, cultivating proper alignment in poses; more advanced Pranayama; Mudras and a longer Savasana will be at the end of the practice.



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## SR. CENTER FEATURED CLASSES CONT. NWSC

### You asked ...WE LISTENED...Interval Aerobics

#### **NEW: Registration in process: NWSC**

Interval Aerobics      9:00-      MON      IP  
                                 10:00      & FRI

Taught by Cara Losurdo. Registration . Class size limited. Class begins Nov 29th. 3rd Class during week will be offered virtually (See virtual)



### You asked ..WE LISTENED...Line Dance

#### **NEW: Registration in process: NWSC**

Line Dance

(second class)      11:45- 12:30      Thurs      IP

Returning Student

Taught by Cindy Hadden. Registration required. Class size limited. Class starts November 18th.



#### **Registration in process: NWSC**

Wood Carving      1-4PM      Thurs      IP

Workshop taught by Danny Mills. Limited space available. Must register.



#### **Registration in process: NWSC**

Acrylics      1PM      Tues.      IP

Taught by Gaylord Picard. Registration required. Class size limited.



#### **Registration in process: NWSC**

Studio A Open      9-12PM      Tues.      IP  
Ceramics

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## Hybrid Classes: (IP at NWSC & Virtual at EWSC)

### Registration in process: NWSC & EWSC

Watercolors 10AM Tues. H

Taught by Gaylord Picard.



### Registration in process: NWSC & EWSC

Drawing 10AM Mon. H

Taught by Gaylord Picard.

### Registration in process: NWSC & EWSC

Pastels 1PM MON. H

Taught by Gaylord Picard.



### Registration in process: NWSC & EWSC

14th Amendment  
10-11:30AM Thurs, NOV. 18th H

Taught by Rosemarie Betuker. Must register at NWSC. Class size limited. One time offering.



## Virtual Only: NWSC & EWSC

### NEW: Registration in process: NWSC

Interval Aerobics 9:00-10:00 WED V

Taught by Cara Losurdo. Registration and waivers required. Class size limited. Class begins Nov 29th.

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## SR. CENTER FEATURED VIRTUAL CLASSES CONT: Virtual Only: NWSC & EWSC

### Registration in process: NWSC & EWSC

ZUMBA 12:30PM W V

Taught by Maria Bolanz must register for link and have waiver signed. Class change effective to Wed only starting week of Nov 29

### Registration in process: NWSC & EWSC

Tone & Sculpt 10AM T&T V Beginner Student appropriate

Taught by Linda Thomas. Registration and waivers required. Call NWSC for registration.

**Thank you** 

**For sponsoring Linda Thomas' Tone and Sculpt Class  
Tuesdays and Thursdays at 10AM.**

### Registration in process: NWSC & EWSC

Cross Punch 9AM T & T V

Taught by Linda Thomas. Call NWSC for registration, waiver & link.

**Thank you** 

**For sponsoring Linda Thomas' Cross Punch Class**

### Registration in process: NWSC & EWSC

Line Dance 11PM TUES V  
Beginner

Taught by Cindy Hadden. Call NWSC for registration, waivers and link.



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## EWCS:

### Classes being held at Hepzibah Baptist Church

#### **NEW: Registration in process:**

**Aerobics Lite**      10:00AM-10:45 AM      MON. & WED      IP  
Taught by Cindy Hadden. Class begins November 29th. Registration and Waivers required. Class size limited. Call EWSC 919-365-4248.



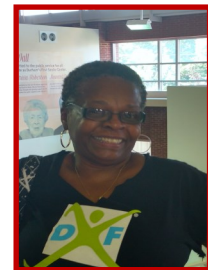
## EWCS:

### Classes being held at Wendell Community Center

#### **Registration in process: EWSC: Class held at**

**ZUMBA Gold toning**      9AM      FRI.      IP

Taught by Linda Thomas. Class size limited. Registration & Waivers required. Call EWSC 919-365-4248.



## PROGRAMS & SERVICES:

**Monthly Grief Support Group:** Provided by the Bereavement Department of Heartland Hospice

**Where:** NWSC

**When:** December 21, 2021 at 2 pm

Heartland Hospice provides local grief support groups for those who need care & support in their journey through grief. We will be offering a monthly group at the NWSC on the third Tuesday of every month at 2PM to be followed by the opportunity for one-on-one counseling sessions. Everyone is invited to join the group. Discussions are confidential. Opportunities to discuss the grief process, build a community of support and offer practices and approaches to deal with grief are offered. The group will be facilitated by Keith Vaughn, one of the Bereavement Coordinators at Heartland Hospice. Call NWSC 919-554-4111 to become a part of the group and or request a private session.

Heartland  
Hospice Care



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## PROGRAMS & SERVICES:

### Legal Aid: Are you in need of legal aid assistance?

If you are 60 or older and live in Wake County North Carolina we have appointments available with Legal Aid of North Carolina Raleigh Office. A staff person will be on-site at our Eastern Wake and Northern Wake Senior Centers to meet with you on the dates below.

During the interview period, the interviewer will talk with you to find out what type of legal assistance you need and ask you some financial eligibility questions. If you are eligible for assistance with a type of case that Legal Aid handles, the interviewer will arrange for an attorney to contact you regarding your specific situation. Examples of areas of legal assistance may include wills, advance directives, domestic violence, nursing home rights, public benefits, unemployment compensation, housing, foreclosure, eviction, consumer issues, debt, credit, and wrongful possessions.

There will be 4 scheduled appointments beginning at 10am and ending at 11:30 AM. Please schedule your appointment directly with the appropriate senior center as listed below. A husband and wife can not be scheduled as 1 appointment. This will count as two individual meetings.

#### EASTERN WAKE SENIOR CENTER

When: February 18, 2022

Time: 10:00am—11:30 am

Call : EWSC at 919-365-4248

#### NORTHERN WAKE SENIOR CENTER

When: December 6, 2021 & 2021 & March 4, 2022

Time: 10:00am—11:30 am

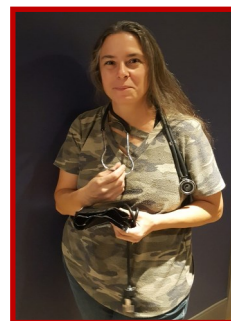
### NEW—Casey's Conversations:

Dr. Casey Baldwin, Resources For Seniors Dr. of Pharmacy, and Clinical Assistant Professor, Campbell University College of Pharmacy, is available to discuss your medications prior to making a selection of your Medicare or Drug Plan for the Medicare open enrollment season. Call the Northern Wake Senior Center to schedule an appointment. All appointments are free of charge.

#### REGISTER NOW: FREE Medication Consultations NWSC

When: Tuesday, November 23,

Time: Call to Schedule 919-554-4111



**REMEMBER:** Visit the Resources for Seniors Website to find Wake County Resources such as Home Repair, In-Home Care, Information and Referral, Adult Day Services, just to name a few.

<http://>

[www.resourcesforseniors.com/](http://www.resourcesforseniors.com/)

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# NORTHERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

## 11/19/2021

Monday November 22	Tuesday November 23	Wednesday November 24	Thursday November 25	Friday November 26
9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP)  9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP)	9:00 Yoga (IP, 4 wk)  9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP)  9 – 12 Knitters Group (call before attending) (NWSC)(IP)  9:00 Cross Punch(V)	9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP)  9 – 12 Open Studio Time (St. A, clay & St. C, Art) (call before attending) (NWSC)(IP)	<b>CLOSED Thanksgiving Holiday</b>	<b>CLOSED Thanksgiving Holiday</b>
10-12 Drawing (H, 4 wk, FULL) 10:00 Tai Chi for Life	10-12 Watercolor (H, 4 wk, FULL) 10:00 Tone & Sculpt (V)			
11:00 Tai Chi 2 (IP, CLOSED)	11:00 Geri Fit (IP, CLOSED) 11:00 Barre (IP, preregister) 11:00 Beginners Friendly Line Dance (V)	11:00 Fit & Strong (IP, CLOSED) 11:00 Tai Chi 2 (IP, CLOSED)		
12:30 Zumba Gold (V)		12:00 Chair Yoga (IP, preregister)		
1 – 3 Pastels (H, 4 wk, preregister)  1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP)	1 – 3 Acrylics (IP, 4 wk, FULL) 1 – 4 Pottery Group (call before attending) (NWSC)(IP)	1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP)  1 – 4 Quilt, Stitch & Gab (St B, call before attending) (NWSC)(IP)		
2:00 Genealogy (V)	2:30 Chair Yoga (V, EWSC)	2-4 Jewelry Making (V, EWSC)		
3:30 Chair Yoga (IP, preregister) 3:30 Live update on	3:30 Live update on Facebook	3:30 Live update on Facebook		

Northern Wake Senior Center / 235 E. Holding Ave/ Wake Forest, NC. 27587/ 919-554-4111

V = Virtual Program / IP = In person on-site / NWSC = Northern Wake Senior Center / WFRC = Renaissance Center

# EASTERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

11/19/2021

Monday Nov 22	Tuesday Nov 23	Wednesday Nov 24	Thursday Nov 25	Friday Nov 26
	9:00 Cross Punch w/ Linda T (V) Wake For- est Registration			
10:00 MOW congre- gate pick-up				
	10:00 Tone & Sculpt with Linda T (V) Wake Forest Registration  10:00 SHIP Counselor, Susan Howlett & Larry Bradbury open enroll- ment Wendell Appoint- ments only		Thanks Giving Holiday	Thanks Giving Holiday
11:00 Geri-fit w/Myra (IP) Wendell Registra- tion	11:00 Beginning Line Dance w/Cindy (V) Wake Forest Registra- tion	11:00 Geri-Fit w/Myra (IP) Wendell Registra- tion		
12:30 Zumba Gold w/ Maria (V) Wake Forest	1:00 Crochet w/Paula (IP) Wendell Registra-	12:00 Zumba Gold w/ Maria (V) Wake Forest		
		2:30 Strutters Practice		
Monday Message Fa- cebook Live @ 3:30	3:30 Facebook Live	3:30 Facebook Live Wednesday Whereabout		

Eastern Wake Senior Center / 323 Lake Drive/ Wendell, NC 27591 / 919-365-4248

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